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Thrive Magazine

Kasey Panetta

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THRIVE



CNY's Magazine for Under -30s

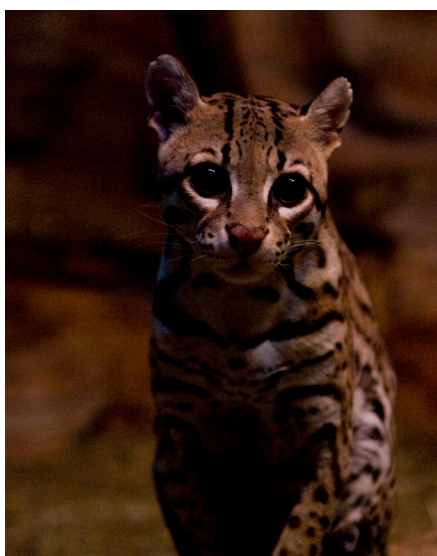
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Neighborhoods for your lifestyle

DOWN AND DIRTY: Zoo
animals learn skills to live
the wild

11 CNY Tweeters you
should be following

Spring 2011 Premiere Issue



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CONTRIBUTORS



Kristin Hunt is a senior magazine journalism major at Syracuse University. She has been told in the past that her best qualities include having cojones and a really expressive face. She came out as a film freak at the age of 16, and has spent the past five years annoying everyone around her with incessant movie references. When not trying to take down the American Film Institute's Top 100, she enjoys reading, writing, and Sporcle.



John Giammatteo hails from Southbury, Connecticut. A journalism and anthropology student, he has written on refugee issues for both academic and popular interest publications. In his time at Syracuse, John has visited India, Nepal, Sri Lanka, England, Thailand, and Costa Rica. He's had dengue fever. Twice. When not traveling, John likes to play organ and soccer. After graduation, he plans to move to London in September to study migration at City University.



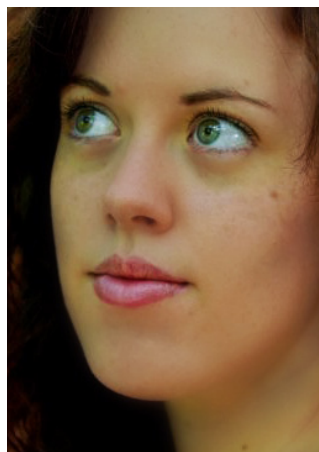
Kathleen Corlett is a magazine enthusiast from Cleveland, but the university's journalism program brought her to Syracuse in 2007. She has written for publications including *Cleveland Magazine*, *Inside Business*, *Family Circle*—where she picked up a number of new choice snacks and recipes—and several campus magazines. She looks forward to the fast-paced (and scary) adventure of returning to New York City; it'll mean finding creative cooking on a budget and decorating her first apartment.



Julia Ruskin is a senior at Syracuse University with a double major in photography illustration and history. Julia has previously worked as a photographer at the Corporation for National and Community Service in Washington, DC and is a contributing photographer to Syracuse University campus publications *The Student Voice*, *360 Magazine* and *Jerk Magazine*. When not at school, Julia resides in Washington, DC.



Erica Murphy is a sophomore magazine journalism major at Syracuse University. Shockingly, she enjoys dabbling in math and is taking calculus for fun. She also has a passion for sports and follows Philadelphia teams (supporting them through good and bad). An Eagles pillow sits on her bed; a Phillies pennant hangs on her wall; and a poster of Kyle Korver, a former 76ers basketball player, gleams on her closet door. She is also an avid fan of "Pretty Little Liars," The Backstreet Boys, and grapefruit.



Hannah Cordell is a photojournalist from Cleveland, Ohio. Her journey began at a small newspaper called *The Star Beacon* where she developed a passion for visual storytelling. Four years at SU, multiple cutlines in student publications and freelance papers later and she was officially hooked. The future is ripe with opportunity from portrait sittings to rock concerts, spot news to political rallies; she wants to capture it all. Her greatest hope is that her images leave a lasting impression on viewers.

SPECIAL THANKS TO

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I'm going to go ahead and just get to the point. Syracuse is a great place to live. Where else can you drive 10 minutes and be downtown at the Irish Festival, get in your car, drive 10 minutes the other way and be running through a corn maze trying to beat your friends to the end? Okay, okay, I get it. It snows a lot in Syracuse. Buy a parka and move on, because this is a great place to live after flying/being booted from the warm nest of your childhood home. It's affordable, it's going green, it's a great place for entrepreneurs, and did I mention the affordable part? So in this premiere issue of *Thrive*, we'll show you exactly why Syracuse is a great place for the under-30 crowd.

I admire the city—if it's possible to admire a place. It's a fighter, a survivor that has come full circle from its heyday as a resort town to singing the post-industrial blues and finally a second-chance revitalization. In my four years here, I've found the tough but loving character of the city reflected in the type of people who call the Salt City home: A hardy breed busily creating a city perfect for millennials. They're starting community groups like SyracuseFirst (pg 20) to promote "Buy Local" campaigns, and 40 Below (pg 29), a group that's about connecting young people in the area. Groups are renovating dilapidated Victorians and creating hip downtown neighborhoods (pg 12). Local businesses like Empire Brewery (pg 22) and Boxcar Press (pg 24) are flourishing by focusing on sustainability. And did I mention the wine (pg 14)?

But it's the hidden gems, like the stop-on-the-Underground-Railroad-turned-restaurant (pg 26) and the old-fashioned theaters that make Carousel mall look positively garish (pg 8), that make CNY a city with personality. People recognize historical charm and culture are what makes the area valuable, and they're fighting tooth-and-nail to keep it. They want the city to succeed, and they—to paraphrase Gandhi—are being the change they want to see in the world.

Personally, I think it's high time these things get some positive PR. Naysayers be damned. We've picked a handful of our favorite spots, groups, and people ; now it's your turn to discover your own ways to *Thrive*. Get up, get out, and find your passions in CNY, whether they're working with animals at the zoo (pg 32) or helping refugees from Burma (pg 36). Get involved in the community—because that's what makes a city a home.

Thrive on,

Kasey Panetta
Editor in Chief

11 Must Follow Tweeters for CNY

If you're anything like us, Twitter is less a social networking tool than a way of life. Follow these CNY tweeters to keep up on local news, events, and people.

@DOWNTOWNSYR

If you can look past the intensely boring profile of the group, it offers some useful info about downtown events. Sponsored by the Downtown Committee of Syracuse, the tweets range from info about dining week in Syracuse to deals on Crunch tickets.

@SYRACUSEU

Syracuse University serves as a CNY cultural hub. It makes sense to follow the official SU Twitter feed. Though some of the tweets are just bragging about alums, tweeters also offer info about basketball games, campus speakers, and university news

@SYRACUSEZOO

For the zoo crowd, everything from meet the penguin keeper to valentines for the animals gets tweeted and publicized on the account, and who doesn't want to give a heart to a sand cat? Watch the claws.

@SYRACUSE_FIRST

In a time when local issues and sustainability are hot topics, this feed will keep you up to date on how to buy local and go sustainable and what's going on.

@40BELOWSYRACUSE

Though its tweets aren't always original, this group is connected with a lot of other CNY companies and organizations, and that can mean only one thing: discounts. They've even had offers on opera seats.

@SYRACUSESTAGE

Syracuse Stage is a great theater and the Twitter feed will keep you posted on what's playing, what's coming up, and what reviewers are saying.

@LORD_VOLDERMORT7

This one has no tie-in to CNY. It's just really funny.

@SYRACUSEBEERGUY

If you like beer, this is your tweeter. No cutesy comments or additional facts, just the quick and dirty lowdown on where to get good beer in the CNY area and how much it's going to cost you.

@ARMORYSQUARE

As you might guess, a lot of the tweets here are about dining options downtown. But they're not immune to a little snarky basketball commentary and some shameless plugging for local events like Winterfest.

@NUNESMAGICIAN

If you can't get to a TV to watch SU sports, you should definitely be following this guy. Here, it's all about the orange, all the time (as it should be).

@SYRACUSEDOTCOM

The Post Standard's Twitter will keep newsy types informed about local CNY and national news. It has sports, videos, news, and anything else that makes the front page.

Joanne Mahoney, County Executive, talks jobs, CNY, and growth

Joanne Mahoney is serious about young people and jobs. Because, as she says, “the most important thing that [CNY] can offer is jobs. People can love the area and love the quality life. Our focus is on making sure we have good paying jobs and a diversity of jobs.” Since we are all about the jobs here at *Thrive*, we sat down with the county exec. to see what she had to say about the market and how she feels about CNY.

3 Things to make you smile about CNY Jobs

1. Employers in the area are constantly recruiting for engineers and advanced degrees
2. Entrepreneur ventures and start-up businesses
3. Diversity in jobs

50 public works projects are planned for CNY in 2011.

A huge increase in groups focused on young people in the area to address what they want and addressing their concerns. CNY has become an example of how post-industrial cities can become sustainable and introduce an entirely new business sector.

4 Jobs of the Future for Young CNY'ers

1. Environmental engineering
2. Green construction
3. Green design
4. Green maintenance



I LIVE HERE BECAUSE of my family. My mother, father, all my siblings, and my husband's family are here.

ADVICE FOR MY OWN KIDS (FOUR BOYS) ABOUT CNY WOULD INCLUDE Get out, go skiing, go snowshoeing. We can't hibernate all winter long and expect people to love it here. Enjoy the outdoors because I think you'll gain a real appreciation for CNY. It might be the thing that makes them want to stay here.

CNY HAS everything to offer.

SYRACUSE IS coming back.

MY FAVORITE RESTAURANT IS the Mission. It's tough to pick a favorite but I do like the Mission.

MY FAVORITE FOOD TO ORDER THERE is the Mambo salad.

MY CAN'T MISS YEARLY EVENT IS the Jazz Fest

BUT I COULD PASS ON..."I can't answer that! I have to get elected."

YOU CAN'T LIVE IN CNY AND NOT embrace the outdoors.

EVEN WHEN THE WEATHER IS TERRIBLE I STILL love skiing.

MY FAVORITE THING ABOUT CNY is the people. There is nowhere in our community that if you were stuck you wouldn't find someone to help you out. And I mean, literally stuck, like if your car is stuck in the snow, before you know it you'll have a team of people trying to get you out.

IF I COULD CHANGE ONE THING ABOUT CNY it would be that more young people would choose to live here.

THRIVING *in cny*

We sit down with Carissa Matthews, a 24-year-old graduate of Syracuse University from Huntington Station, Long Island, to find out why she stayed in Syracuse and what she does.

Story by Kasey Panetta
Photo by Angela Sutfin

Thrive: Why did you choose to stay in the area?

Carissa: I really started getting used to all the benefits of living in Syracuse. It's this awesome mix of an urban center, and I can drive 15 minutes and go apple picking or to a park. It's not crowded and there aren't a million people there. I was so used to Long Island and everything being crowded and crazy all the time, that I started to like the idea of being in Syracuse.

Thrive: So you decided to work here after graduation?

CM: Syracuse University came out with the Engagement Fellowship, with an option of staying in Central New York, and I really didn't know where else I'd want to go. Long Island was way too expensive and I didn't really want to live with my parents. I got an internship at the Center of Excellence.

Thrive: What did you start out doing at the Center of Excellence?

CM: Initially I worked in community relations. They just opened this beautiful new "green" building downtown. There is all this innovative technology displayed in the building, but still nobody has any idea what it does. My goal was to design a public relations campaign that would explain to the community what the building is all about. Now I'm the outreach program manager, which means that I do a lot of educational and outreach programming.

Thrive: Obviously you have a career here; do you plan on staying permanently?

CM: I do. My parents ask everyday, "When are you moving back to Long Island?" But I really do love it here.

Thrive: So your parents were hesitant about you staying in the area?

CM: I think it's always tough when you live someplace your whole life and you're very settled there. You don't really see the benefits of living somewhere else. I don't think they get why I love it here so much. I think they know I'm doing very well. I'm happy, I love my job, I can actually afford my apartment, and I'm living this great life that I brag about all the time. It comes down to being tied to your roots and being around your family or making a decision to build a life for yourself in a place that fits you.

CM: A lot of my friends still don't have jobs in their fields. They are bussing tables and trying to figure out what to do. I'm in Syracuse and I have a friend who lives in Albany and we both have jobs that we love and apartments and my other friends are still living at home. I'm the happiest of all of my friends.

Thrive: What's the best part about living here?

CM: I can walk downtown from my apartment and go to all these festivals during the summer like the Blues Fest or the Italian Fest events with lots of food and alcohol and good times. It's just the way of life here.

Thrive: What part of town do you live in?

CM: I live in an interesting neighborhood with a lot of grad students and young professionals in the Hawley-Green District. It's a one-bedroom apartment in a cute little renovated Victorian. Hawley-Green is an area that's been revamped by the gay community. It's a pretty young, urban area.

Thrive: Is there any downside to living in CNY?

CM: People always say the snow, but I wouldn't say that. Syracuse has a lot of naysayers. There are so many good things going on in the city and people can be very negative about it. No matter where you live there's always going to be people like that. I find myself getting more and more frustrated with that. There are negatives, just like anywhere else, but the positives far outweigh them.

Thrive: Would you encourage other people to stay here after school or move back to CNY?

CM: Definitely. Especially right after school, when there's nothing else holding you down. Sometimes you need to go to a different city because that's where your field is thriving, but it's just such a great place to get on your feet. There are so many companies looking for young, talented people. You can live in an apartment and not starve and you can be a part of this great community. The size of Syracuse means it's big enough that there's a lot going on, but small enough that you feel like you're making a difference. You're seeing progress. No matter what field you're in, you're the big fish in a small pond, which is really helpful when you're starting your career.





Story by Kristin Hunt
Manlius Photo by Marc Safran
Redhouse Photo by Hannah Cordell

The movie scene in Syracuse tends to begin and end with Carousel Mall. When the new *Harry Potter* hits theaters, half the population descends on the mall's Regal movie theater, wands and cloaks in tow. When winter winds kill any will to party, students settle for whatever isn't sold out. When limited releases take weeks to reach Carousel, we pout and wait bitterly until they make their way to the mall.

We may act like Carousel—or, if we're feeling particularly desperate, Shoppingtown—is the only movie theater around, but that simply isn't the case. Manlius Art Cinema, the Palace Theater, and the Red House all offer an interesting crop of independent, classic, or just second-run films, usually at a fraction of the Carousel cost. They all have their individual quirks, but they're all staffed by some of the most passionate movie fans in CNY.

MANLIUS ART CINEMA is the oldest movie theater in Onondaga County, and perhaps even in New York. Founded as a silent cinema in 1918, it was converted to sound in the 1920s and later expanded after a major fire. It has, however, retained its original 17-foot width to this day. (Preposterous, you say? You'll believe it when you walk down the lobby's narrow, sloping runway, which is flanked by concessions and the ticket booth.)

The current owner, Nat Tobin, has an interesting history of his own. Tobin was in movie advertising for United Artists during the 1960s and 1970s, promoting films like *Midnight Cowboy* and *One Flew Over the Cuckoo's Nest*, as well as the *Pink Panther* and *James Bond* series.

"It was the heyday of United Artists. Every year they had Best Picture. It was quite a heady time," Tobin says.

Tobin, a native of New York City, decided to bring his marketing expertise to Manlius, taking ownership of the theater in 1992. He credits most of its word of mouth business to the theater's meticulously updated website and email list. Whereas Carousel can rely on name alone, new customers come to Manlius Art Cinemas almost exclusively through these channels.

A small name isn't the only obstacle for Tobin. Single-screen

theaters like his have been dwindling drastically in the last few years. According to a 2009 report by the Motion Picture Association of America, only 4 percent of movie theaters in the U.S. are single-screen. Yet Manlius Art Cinema has managed to evade the fate of the Westcott Cinema, once another single-screen movie theater under Tobin's management, which has since become the concert venue Westcott Theater. "We're still in business 18 years later, and that's amazing in this kind of economy, with this little one-screen theater," Tobin says. The theater's customers tend to be seniors, people Tobin says have been appreciating independent film for years. He has been trying to draw more college students through the website and participation in SU student projects, but given the 20-minute drive and lack of public transportation in the area, many students are confined to Syracuse.

If you ask Tobin, these students are missing out on "important" films, like last year's Best Picture winner, *The Hurt Locker* or, more recently, *An Inside Job*, a documentary on the 2008 economic and banking collapse. Still, he doesn't worry about online film streaming, perhaps college students' favorite movie-watching method, or home theaters running him into the ground.

"I don't think theaters are going to become obsolete at all," he says. "I believe in theaters 100 percent. Otherwise I wouldn't be doing this."

MANLIUS CINEMA

The Science of Sleep

WESLEY S

ONE WAY

THE RED HOUSE

The Red House can't claim the history of either the Palace or Manlius. In fact, at a mere ten years old, it's the baby of the group. Yet this nonprofit boasts several art programs and perhaps the rarest and most esoteric films of the bunch.

"These are long out of print, really hard to find films, so people who like to be exposed to new things have been seeking us out," says Mike Intaglietta, administrative director of The Red House.

The Red House often brings in guest speakers to contextualize these films, which might be black and white, silent and/or experimental. These speakers are often professors or academics of some sort, and are included to foster discussion among the audience members after the screening. Intaglietta believes that getting these speakers in such an intimate setting contributes to the unique Red House experience.

"You seldom get [the speakers] in a room with 80, 90 people. They're able to interact more and that hopefully creates for a different setting that helps us to help us accomplish our mission to change lives," he says.

The Red House staff doesn't let its sincere, serious mission get in the way of their sense of humor, though. The theater features what may be the only talking women's bathroom in the nation. The voice comes from a silver iPod encased in plastic, which responds to motion sensors by the soap dispensers. "Tell me, how much time does it take for you to look this good?" is one of the disarming pick-up lines it might say before going into a disco melody or Justin Timberlake's "SexyBack." Intaglietta says the staff gets lots of comments on the restroom from startled and bemused patrons.

As a nonprofit second-run, single-screen theater, the Red House faces triple the obstacles of a first-run theater. Yet Intaglietta and the rest of the staff are motivated by their firm belief in their films.

"Art, especially these films, may be abstract compared to the narrative film we see today, but the messages they have are still incredibly apt, and that's why it's important," he says.

THE PALACE THEATER

The Palace Theater is another historic venue. It was built as a 1,300-seat theater and second floor dine and dance ballroom in 1922. Frances Dibella, daughter of original owner Alfred Dibella, managed the venue for nearly 45 years. When Frances passed on in 2004, her nephew Michael Heagerty took over. Heagerty renovated the theater into a multi-functional space that hosts much more than just movies. The Palace now also serves as a catering facility, a concert venue, and a fundraiser site.



As general manager Paul Valenti explains, the Palace could never survive on film alone. While he does believe that Carousel is part of the reason, he also says the community in general is a bigger problem.

"I think in Syracuse it is tough to get people going in any other direction than SU sports," he says. "When it rains, we blame the rain and when it's cold and snowy, we say it's too snowy. I think by nature it's just a little bit tougher to get people momentum to come out to support stuff like this."

Yet Valenti takes pride in the diversity of films the Palace shows. In addition to hosting several Syracuse Film Festival events, the theater also screens anime, classic films, horror movie marathons, and even the occasional Bollywood export. One of its staples is the Brew & View series, which screens 35 mm films. Costume contests are often incorporated into the screenings, like the recurring Lebowski Night. In order to claim the title of the best Dude, movie-goers don their finest cheap sunglasses, V-necks, and pajama pants—and even carry bowling balls.

Valenti thinks screening classic movies—or, in *The Big Lebowski's* case, cult classics—is especially important because it keeps interest in old Hollywood cinema alive. "I think for the most part, there's a large group that's missed seeing some of those really, really good black-and-white films or older films on the big screen," he says. "So I think it can kinda regenerate this young group to understand that the action-packed movies today are good, but they're not quite as good as they once were, back in the day."



MANLIUS ART CINEMA

135 East Seneca Street Manlius, NY

PRICES

Adults: \$8.50

Seniors/Students/Children: \$7.50 Matinees

Tuesdays: \$7.50

Showtimes

Monday through Friday: 7:30 p.m.

Saturday & Sunday: 2:00, 4:45, 7:30 p.m.

For More Information....

Call 315-682-9817 or

visit www.manliusartcinema.com

THE RED HOUSE

201 S. West Street Syracuse, NY

PRICES

Nonprofit, so whatever you wish to donate
(NOTE: the current film program is a collaboration between SYRFILM and Red House, so they aren't free.)

Showtimes

Dates are infrequent, but the current film program theme is "Wine, Women & Film" and all events start at 7 p.m.

For More Information....

Call 315-425-0405 or

visit www.theredhouse.org

THE PALACE THEATER

2384 James Street Syracuse, NY

PRICES

Usually vary between \$5 and \$15, depending on whether it's an individual film or marathon and student versus adult prices (individual films \$3.50 for seniors and kids)

Showtimes

No fixed showtimes

For More Information...

Call 315-463-9240 or

visit www.palaceonjames.com

CNY

SU students and alums weigh
in on their favorite places to
hang out and have fun

The Clinton Square ice skating rink. While Syracuse winters call for hibernation, getting your week's worth of exercise is actually fun when you're admiring Syracuse's lovely Christmas tree. In the midst of historical monuments and downtown businesses, this rink is reminiscent of Rockefeller Center. Family night attracts crowds of children who sing and shriek endlessly for your amusement. Grab your skates, buy some hot cocoa, and get ready to fall—I mean, skate—the night away. -Dwiveck, 21

The best place in the area has to be Greenl Lakes State park. It's not too far from the University, it's gorgeous, and the lakes are glacier made and are actually an emerald green/sky blue crazy color. It's a perfect place to take a walk or go on a 5k run.
- Jenn, 28

Charney's Shop is an Erie Boulevard clothing store offering a variety of vintage-inspired clothing from brands like True Religion and Lucky Jeans. It's also the best store for Retro Brand clothing in the Syracuse area. Unlike most sports clothing stores, which sell only New York and Boston sports apparel, Charney's sells the full roster of Retro Brand shirts and hoodies. Charney's also sells irreverent shirts for men and women from clothing companies like Local Celebrity. - Jeff, 20

Of the Thai dining options in Syracuse – including Little Thai, Appethaizing, Lemon Grass – Erawan is perhaps the best. The dinner menu offers 109 items, including a wide array of stir-fry noodle, fried rice, and curry dishes. That's not even counting appetizers or soup. Take a drive down Erie Boulevard to sample house specials like Moo Ka Tiem (deep-fried pork marinated in soy sauce and garlic). Just make sure it's not on Sunday, the one day of the week Erawan is closed. -Kristin, 21

Mother's Cupboard. Two words: go big. Located in a nondescript shed-like structure off James Street, this breakfast and lunch-only diner serves extra-large portions that will catch you off guard. The frittata platter in particular has forced even the most insatiable of customers to pace their consumption; those who can wipe their plates clean, however, get a free T-shirt and a commemorative wall photo. The foot-wide pancakes will also ensure you dress in proper attire—preferably anything with an elastic waistband. -Sarah, 21



3 Neighborhoods for Under-30s

Story by Erica Murphy
Photo by Jeffrey Gorney
Lake Photo by Hannah Cordell



HAWLEY-GREEN

If you're looking for a quaint and quiet neighborhood, then Hawley-Green (pictured left) is the perfect spot. In this neighborhood, Victorian architecture and historic mansions with ivy covered brick sit between old lampposts and lush flower baskets overflow with color on front stoops. Dating back to the 1840s, this neighborhood lived through over a century's worth of history and emerged more prosperous than ever. During its years of urban woes, the neighborhood kept attracting the artsy types who still come to the neighborhood today. These creative people found a way to continuously revive the village. More recently, Hawley Green has become an LGBT-friendly neighborhood for couples from across Central New York. LGBT-owned businesses have opened to further promote this friendly atmosphere. Hungry locals can be found at Sparkytown, a restaurant that prides itself on using local ingredients and the neighborhood is also home to Syracuse's only independent bookstore with a gay focus, The Lavender Inkwell Bookshoppe. Hawley-Green was designed as a "walking" neighborhood, so every necessity is just a step away, including a friendly neighbor. Hawley Green is the perfect combination of a centrally located neighborhood with a small-town feel.

Average Rent: \$600

Houses/Apartments: Houses

Neighborhood Highlights: Victorian architecture, plentiful sidewalks

Parking: Driveways and street parking

Neighbors: Families

WESTCOTT NATION

The Westcott Nation was established in the '60s and its proximity to Syracuse University means it's a diverse mix of professionals and students. Many of the single-family homes have been renovated into rentals or refurbished into classy professional habitats for students and professors. Not only are the people who live there diverse, but the area offers a grab bag of culture, visual and performing arts, and dining. A highlight is the Westcott Street Cultural Fair in September, which closes down Westcott Street and attracts more than 8,000 people for a day featuring all the great tastes and sights of Westcott. The 2010 fair included seven stages offering everything from belly dancing to a jug band to African drumming. And don't forget the Westcott Theater, which has hosted names like Matt & Kim, The Hold Steady, and Ra Ra Riot. Anyone more in the mood for food can try an omelette at Mom's Diner or some jalapeño corn bread at Alto Cinco. Westcott Nation also sponsors two annual community service events including a Chili Festival using all local ingredients and a spring planting of perennials to keep the neighborhood beautiful. All neighbors are invited to help.

Average Rent: \$500-600

Houses/Apartments: Apartments

Neighborhood Highlights: Recess Café, Westcott Street Cultural Fair

Parking: Street parking

Neighbors: Students

STRATHMORE-SOUTHSIDE

If you're a nature lover, Strathmore (pictured left), located in the southwest corner of the city, is worth considering. Adjacent to Onondaga Park, one of the most beautiful parks in CNY, the neighborhood works hard to promote its "green" areas. The park features running trails, basketball and tennis courts, and swimming pools, and also sponsors events like the Children's Fishing Derby in May and the "Pops in the Park" music series in July. Every Saturday morning in summer the roads are closed to traffic so pedestrians can bike/skate/walk wherever they please. Elmwood Park, with trails for hiking or running, and the Woodland Reservoir, offering spectacular views of the city skyline, are also nearby. Elmwood features more natural trails fit for hiking or running, while the reservoir features views of the city. Part of the community's mission is to preserve the beauty and history of its homes—an area of the neighborhood encompassing 200 homes was designated as a historic district—and green spaces. In the summer, Strathmore holds two annual events: Parks Run and "Art on the Porches." Parks Run is four-mile run/walk that goes through Onondaga Park and the Strathmore neighborhood. In 2010, each runner was awarded a free gallon of ice cream after completing the course. The "Art on the Porch" festival is always held on the Saturday before Father's Day. Artists showcase their work and are accompanied by musicians and scrumptious Strathmore delicacies. Strathmore's Hands-On Art Center lets kids make their own art while parents relax and stroll through historic homes as part of the By-The-Park Historic Homes Tour. For dining and drinking, Strathmore is located minutes away from Armory Square. The neighborhood combines an outdoor lifestyle with a central location—perfect for a young professional who loves nature but doesn't want to drive to it.

Average Rent: \$550

Houses/Apartments: Houses

Neighborhood Highlights: Onondaga Park, Woodland Reservoir, Elmwood Park

Neighbors: Families



A *taste* of the *Finger Lakes*

CNY is home more than 80 wineries that produce some great vino and are open for tours all season long. We sampled a handful in an informal tasting to see what the under-30s had to say.

Story by Kasey Panetta

Photos by Hannah Cordell





Salmon Run

2009 Pinot Noir

Food pairings: Try this wine with some grilled quail with a side of sautéed mushrooms and greens or roasted duck with some potatoes. Avoid overly sweet veggies like pumpkin.

Price: \$12.99



Red Tail Ridge

2008 Semi-Dry Riesling

Food pairings: Time to get out the ham and veal. This is a very light, fruity wine so avoid red meat or cream sauces.

Price: \$13.99

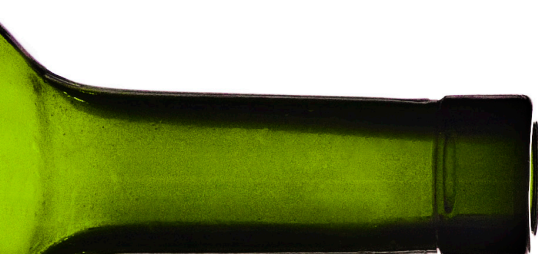


Bully Hill

2006 Merlot

Food pairings: Try this wine with a mild-flavored meal like glazed duck with a side of wild rice and mushrooms. Avoid having Merlot with seafood.

Price: \$8.77



Fox Run

2008 Chardonnay

Food pairings: Enjoy this is a wine with a seafood dish like lobster or sea bass. If fish makes you squeamish try it with chicken and basil with a side of spinach.

Price: \$10.88

Food pairings based off suggestions by foodandwine.org—Prices based off Liquor City

"I actually really like it. It tastes like caramel."
– KB, 21



"It's not bad for a super sweet wine.
It's very tangy, though."
– KP, 21



"It makes me think of a campfire.
It's almost smoky."
– JH, 24



"It tastes a bit like I'm drinking perfume,
not necessarily in a bad way, just very fragrant."
– KB



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SyracuseFirst pg 20 • *Empire Brewery* pg 22 • *BoxCar Press* pg 24

Buy Local. Be Local.

SyracuseFirst is building more than just a community of businesses in the Salt City, it's creating a social movement

Story by Kasey Panetta
Spark Town photo by Hannah Cordell
Fowler photo by Ben Richardson

In typical Syracuse fashion, the night of the SyracuseFirst Buy Local Bash coincided with blizzard conditions. The streets downtown were covered in five inches of fluffy white pure evil, making cars skid around corners and burying small children and animals. It wasn't the kind of weather for running in heels. The streets were unplowed and parking was scarce, especially near Montgomery Street, home of the small Orange Line Gallery. Less hardened people in a different city would have stayed home, but this is Syracuse, and people came out in droves to support a local organization. Light spilled out through large glass windows onto the trampled snow in front of the building. Each time the door opened, it was accompanied by a burst of music and laughter, briefly disturbing the quiet of a city blanketed in snow.

Inside the gallery, an acoustic guitar player set a relaxed tone as people sampled wines from Vinomania and chili from Sparky Town restaurant while checking out the work of local artists. About an hour into the event, the Gifford Foundation sponsored a fashion show, and models wearing clothes from Show Offs, Edge, and Off the Beaten Path—makeup by Hair Habitat—strutted the length of the gallery in dresses, skirts, and even sleepwear.

The turnout was a show of support for both SyracuseFirst and its director, Chris Fowler, who's working to create a sense of community in Syracuse by connecting local businesses and encouraging people to use them. In its first months, the group worked with around 17 businesses, and that number has since grown to 170. The group helps businesses that would otherwise work

alone network with one another. For instance, Fowler has negotiated with media companies to give discounts on advertising, web design, and social networking to other SyracuseFirst members, and most offer discounts to other members on whatever service or product they offer.

Sparky Town

About a week after the Buy Local Bash, Fowler grabs breakfast at Sparky Town, a café in the Hawley-Green District. It's pretty clear he spends a lot of time here, encouraging others to stick to local grub by doing it himself. The waitresses know his name and his "usual"—a breakfast sandwich. Other customers address him as Chris, congratulating him on the success of the fundraiser. "He's like a local rock star," says one woman, laughing.

It makes sense that Fowler would be so comfortable at Sparky Town, a self-proclaimed "funky place to meet and eat." Both the restaurant and SyracuseFirst focus on sustainability and eating locally. Fowler thinks food is the gateway to understanding the community-building movement he's trying to promote because eating locally is something people are already doing. It's been a hot-button issue for a few years, with recent national attention on salmonella and other food-borne diseases causing the



Chris Fowler, Executive Director of Syracuse First

original interest. The fear has slowly been replaced by a genuine appreciation for fresh, healthy, homemade meals.

It's tough to explain to young people who are strapped for cash the importance of buying local so money stays in Syracuse. But eating locally isn't the only way to keep the cash in 'Cuse. Local bookstores, retail merchants, and bars all have the same effect—even banking at a local bank means money is being reinvested in the community.

According to Fowler, shifting just 10 percent of the spending in Onondaga County to local businesses would create \$130 million of new economic activity and 1200 new jobs, and would have a \$24 million tax impact. But it's a difficult concept for people to understand because it's not tangible. Fowler uses restaurants to talk about SyracuseFirst, because a tasty, locally grown meal at Sparky's can be easier to understand than an economic theory. By eating at Sparky's,

patrons (whether knowingly or not) help keep money in the local economy where it can be used in the community.

David Hess, author of *Localist Movements in a Global Economy*, says the basic idea is people need to support businesses that are investing in their community. Those businesses are likely paying more than chains in local taxes, donating to nonprofits, and participating in local events, all of which helps build a strong economy. The obvious benefit is more money in the area; the lesser-known benefits include a lower infant mortality rate, lower crime rate, and a stronger nonprofit sector. "It's a question of whakind of community you want to be living in," says Hess.

For most 20-somethings, the problem with buying local is that it seems more expensive than running down the street to Target. Chris Fowler has an answer for that. "I'm not suggesting you spend any more money," he says. "It's not always about big-ticket items. It's about having lunch at Sparky's instead of Chili's. It's getting a cup of café from Café Kubal instead of Dunkin' Donuts. It's all those little things."

Though sometimes areas like Erie Boulevard offer cheaper options, the reality is that potential CNY-ers are turned off by chain businesses and franchises, because there's nothing unique about a Walmart. "What makes a person want to stay here when that's all there is?" Fowler says. "All those things on that road you can get anywhere."

While people might not understand the economic theory, they do understand that a meal at Sparky's tastes better than a reheated meal at a chain on Erie. And that's a starting point. After all, Rome wasn't built in a day, and Fowler is trying to build a movement that will last. Once people start understanding the benefits of eating locally, they often begin to see the benefits of shopping at local markets and buying clothes from a mom-and-pop store. They might get better service from an owner who recognizes her customer, or a salesclerk who genuinely knows and



Sparky Town focuses on locally grown food.

cares about the products he sells. At least, that's the idea.

SyracuseFirst

The other building blocks for a great place to live were already in place in the CNY area: It had cultural events like the Italian and Irish festivals, recreation opportunities like the nearby Green Lakes Park and sports arenas, and yearly events like Dining Week downtown. The part that was missing was a strong local business community. Fowler, who has a background in public policy, began by researching the 70 "buy local" organizations across the country, including four in New York State. In 2009, with the help of a few others, he started SyracuseFirst.

Fowler uses the organization as a tool to link businesses together, laying the groundwork for them to work as a unit instead of individual companies. SyracuseFirst invites members to dinners to discuss business issues and hosts events like the "Buy Local Bash" and "Syracuse Thirst" (hosted at a local bar) where people can network with other entrepreneurs in the area. The group encourages people to take a pledge to switch 10 percent of their spending to local products or places and also supports established local events like Syracuse Shopping Week.

It's not the first of its kind in the CNY area. Kevin Schwab, Vice President of marketing & communications at Centerstate CEO—which oversees the Syracuse Chamber of Commerce—says buy local groups pop up every so often but usually fade after a while

or after people feel they have done enough. SyracuseFirst is different in its organization and its connection to other like-minded organizations in the state. Groups like SyracuseFirst are valuable, Schwab says, because they encourage people to buy things made by neighbors in stores owned by locals.

But the idea of working with local competitors can be hard for owners to understand. When a new local coffee shop starts, owners typically fear it means less business for an established one. But in the buy local model, the more shops there are, the more people drinking local coffee. And if one closes, that doesn't bode well for other shops. "People are used to being in a silo and thinking about only their own business instead of how their business interacts with other businesses, how they work together and how they fit into the whole community," he says. "The emphasis has been on this being a collaborative effort, not a competitive one."

When he's done eating his lunch, Fowler picks up his plate. "I help clean up when I'm here," he says, laughing as he brings his dishes to the coffee bar and takes a seat on a stool there. Soon, true to form, he is deep in conversation with the woman behind the counter, probably extolling the virtues of shopping at a local clothing shop because, after all, that's where he bought his shirt. And it was only \$10.

EMPIRE

STATE OF MIND

ONE DOWNTOWN BREWERY IS GOING GREEN AND GOING STRONG

Story by Kasey Panetta
Photos by Daylight Blue Media

David Katleski had an excellent reason for opening Empire Brewery in downtown Syracuse: “Everybody else kept firing me.”

In the early 1990s, Katleski decided to pursue a long-held desire to open a restaurant (despite his degrees in law and accounting). When a job for a developer working on Carousel Mall took him to the Syracuse area, he discovered the place to accomplish his dreams in Armory Square.

“I didn’t really pick Syracuse. Syracuse picked me,” he says. “At the time it was a ghost town down here. I had a funny notion that if I built it, they would come.”

Since opening the brewpub in 1994, Katleski has been on a mission to keep on the cutting edge of environmental advances. The Empire Brewery is the first business in central New York to use 100 percent renewable energy created within the state. This includes solar, water and wind energy—courtesy of Fenner Wind Farm.

Katleski said he doesn’t mind paying a little more to use energy created in-state—even though it would be cheaper to purchase wind power from the Midwest—because one of his mottos is, “Eat where you live.” That explains his membership in the SyracuseFirst, an organization of local busi-

nesses promoting the “Buy Local” cause.

He believes strongly in supporting local businesses and using locally grown food. The brewery has its own cows, a lamb and a garden. In addition to growing hops for beer, Katleski recycles cooking oil and sells spent grain—a byproduct of brewing beer—to a local farmer who uses it to feed her animals.

This Support Local-Buy Local philosophy is demonstrated not only Katleski’s energy sources, but the way he runs his restaurant. “I’m really about simplicity and clarity,” he says. “A lot of what we do is organic. We make our own beer and produce our own food.”

His devotion to simplicity becomes obvious with a visit to his underground restaurant at 120 Walton St. The performance-style kitchen allows customers to see their food being prepared, and the exposed brick and sandstone, concrete floors and wood accents create what Katleski calls a “warm, industrial edge.” Behind the bar, which dominates most of the main room, is the brewery, visible through glass panels. While they eat, customers can watch staff working with the big metal tanks.

The attraction of a local brewpub—a brewery with a restaurant attached—and the range of food and beer means Empire Brewery serves a diverse group of patrons. Businesspeople come in for lunch meetings while college students are attracted to the progressive Friday bands and families gather for the inviting Sunday brunches.

“We serve all types,” Katleski says, “all types





of people and all types of beer.” And he means *all* types of beer. At any given time, the brewpub has nine to 10 beers on tap. “Throughout the season I’ll brew about 20 different styles of beer,” says Tim Butler, Empire’s director of brewing operations. “We have six or seven standards that we keep on tap and then I’ll do seasonal beers.” Right now, Butler says, his favorite is his barley brew, but asking him to pick a favorite is like asking him to pick his favorite child.

When he’s not busy making new beers, Butler also writes the BrewMaster’s Blog on the company website, letting the community know what’s going on at the brewery and what new beers are being added to the list.

The Empire Brewing Company has won several prestigious awards for its beer, including gold medals at the Great American Beer Festival and medals at the World Beer cup.

Like Katleski, Butler enjoys the uniqueness of Empire Brewery. “There is no other place like this around here,” he says. “No one really does what we do. We have that kind of Cajun flair.” That flair comes from dishes created by Katleski, who studied Creole cooking in Louisiana.

“What I try to do is take classic American dishes and put our own little twist to it with an emphasis on the Louisiana spicy styles of food that goes best with beer,” says Katleski,



adding that the Big Easy Gumbo is one of his most popular dishes. The Brewpub also offers everything from kobe burgers (local grass-fed wagyu beef) to jambalaya and crawfish nola.

Though problems with the landlord forced the brewpub to close in 2003 for a little over three years, Katleski reopened in 2007. While the pub was closed, he realized

just how much Empire Brewery meant to the community. “I didn’t realize we were actually liked until we closed and then I realized, oh my god, we made a real impact on the Syracuse community,” he explains. “For three and half years I was bummed out that we closed and I missed it. When we did reopen, everybody rejoiced. It was like, ‘Armory Square is back.’”

Lovingly Pressed

A Syracuse letterpress printing shop with a dedication to the community
brings an old world technique back to life

Story by Kasey Panetta

Photos by Alyssa Stone

The first thing visitors to The Boxcar Press—by appointment only, please—will notice is the warehouse-like feel of the main office.

The 15 or so cubicles scattered in small groups are dwarfed by the high ceilings and industrial feel of the building. It's one of those offices that just feels creative. It's hard to put your finger on what it is that makes it that way; it just seems to be bursting at the seams with energy. It could be the large Mac computers scattered around, or the designers who lean close to the screens, trying to perfect each design. It could be the easy banter among employees on a laid-back Friday morning. It could also be the strange sounds coming from the back rooms, hidden behind closed doors. But mostly it's just the feeling that all ideas are welcome here. Of course, this is assuming that you've found the offices, hidden in the back of the Delavan Center, a large historic building (the former John Deere Warehouse) housing artist's studios and other small businesses in downtown Syracuse. Because, for an office that's about 10,000 square feet, it sure is hard to find. The Press has just recently moved, and directions should include walk down the dark, creepy hallway to the unmarked gray double doors on your right. But once you've found the space, it's impressive—though perhaps not as impressive as the work that is done here.

Boxcar Press is a letterpress print shop (also a letterpress pre-print shop) that started in Minneapolis in 1989; Owners Harold Kyle and Debbie Urbanski moved it to Syracuse in 2000. Kyle, an art major in college, had discovered and fallen in love

with the art while in school. For those of you who aren't graphics experts, traditional letterpress printing puts ink on plates with designs on them and presses the design or words onto paper to create a high-end product. Kyle modernized the tricky method of traditional letterpress by designing something called the Boxcar Base system, which essentially gives letterpress shops a way to design using digital programs—The Press uses the Adobe Suite—and turn the imagery into letterpress printing plates. It's an updated way of doing the traditional work and has help revived a disappearing art.

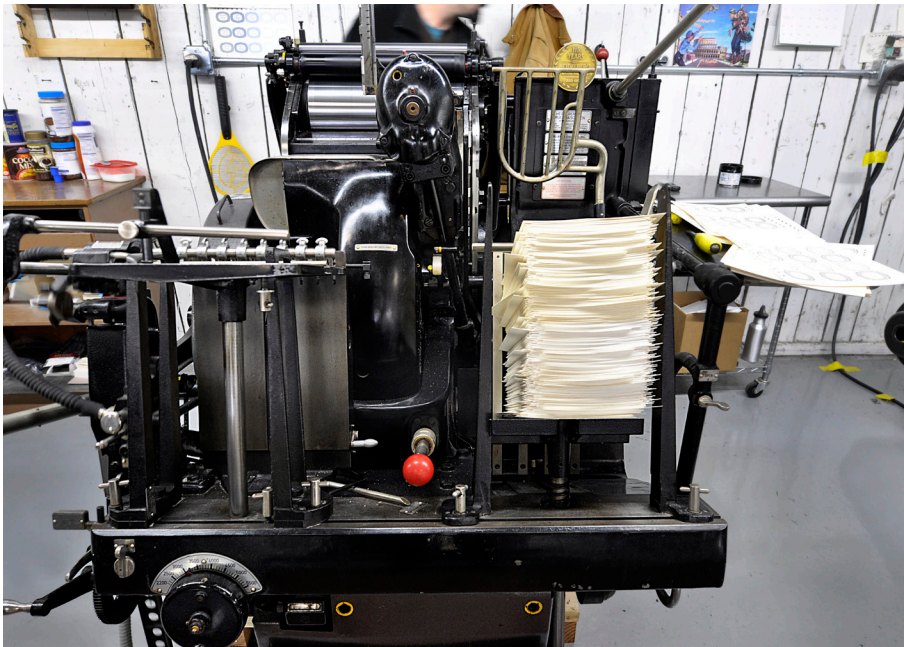
Today, designers at Boxcar Press create and print wedding invitations, baby announcements, birthday invitations and other products with their own two design lines: Smock and Bella Figura. The Press also supplies the plates needed to print, inks, and other supplies to shops around the world. Owners Kyle and Urbanski are, to say the least, busy people, which is why the company has grown from fewer than 20 to 70 employees in two years. This time of year they're heading into wedding season and ship about 180 jobs a month through each line. The whole staff—hired almost entirely from the local area—can't even fit in the conference room, and the press had to move out of its old offices on the other side of the complex so they could all work in the same general area.

The people who work for the company—designers, bookbinders, artists, and other creative types—are passionate about what they create. They get great feedback on their products; according to Cynthia Converse,

marketing director, they've gotten phone calls from a retailer talking about a bride and mother who were so happy with the card they started crying in the store. It's an uplifting business; people tend to use Boxcar only when they have something to celebrate like a wedding or the baby shower.

Converse remembers one client in particular, who wanted to celebrate her 50th birthday in style. The client worked with Boxcar to design invitations, and invited her family, using formal high-end letterpress, to a destination birthday party with spa days and BBQs and a party included. It's easy to see Converse—who used a Bella Figura design for her own wedding before she started working at Boxcar—is really excited about her job and the product. “Knowing that the work we're doing is legitimately making people really, really happy, there is an incredible peace and happiness in that,” she says. “Most of the time we're marking really special occasions. For us it's constant celebration.”

And there is *alot* of celebrating. Boxcar Press is the largest specialty letterpress print shop in the country. But even more cool than what it does is how it does it. The owners are committed to supporting their local dealers, sustainability, and community. Smock is the line of designed invitations and cards sold through about 220 dealers—mostly mom and pop stores (Bella is sold only online, although a wholesale version is coming soon). Converse says when people call to ask about buying Smock merchandise, Boxcar directs them back to their local dealer to help support the brick-and-mortar businesses. Part of their “buy local” philosophy is having cus-



tomers support their own local economies. "Supporting small business is what we're passionate about—especially artisan-based businesses," says Converse. "I think that sets us apart from other companies."

That is definitely a top-down philosophy. Owners Kyle and Urbanski are heavily involved in the Syracuse community and attend the festivals, dining week, and other local activities. When the nonprofit Syracuse-First was getting started, the press helped with business cards and business collateral. "We set them up to set the foundation for what they've ultimately created," says

Converse. Because of the reality of the letterpress business, a lot of Boxcar's customers are national and international, but in the coming year they'd like to team up more with like-minded local businesses to help support the buy-local phenomenon. "We're focusing on finding ways to work together to promote what they're doing and further what everyone is up to," Converse says.

To Boxcar, investing in the community means creating a business that's sustainable and as environmentally friendly as possible. "Ethical and sustainability practices are really the heart and soul of

our company," Converse says. The owners are avid hikers and nature lovers who truly believe running a business doesn't mean a negative impact on the environment. The company was adhering to basic environmental rules—high-recycled paper content, donating a percentage of sales to environmental causes—before these were standard practices. But in 2007, they decided to do more. Now the business is entirely wind powered by Native Energy and the company follows more stringent environmental rules that include making sure waste is disposed of correctly, using vegetable-oil-based inks (better for employee health and the environment), and reusing packing materials when possible. The owners encourage employees to use public transportation by buying bus passes, and even donate surplus paper and envelopes to Syracuse public schools. The company also set out a five-year plan to further improve their environmental goals.

Whether it's designing the perfect invitation, trying to be environmentally friendly in a business that doesn't easily lend itself to sustainability, or helping the community—even if it isn't their own—Boxcar Press is constantly busy and changing. And with the release of the Bella Figura line to dealers, the company will only get busier. "There's something really special in old-school mail showing up and having something really unique, beautiful, customized and personalized to this person showing up," Converse says. "When someone takes a moment to send a really beautiful card with a handwritten note inside it's special."

FREEDOM BOUND

Discovering the hidden history of the Mission restaurant

Story by Kasey Panetta

Photos by Angela Sutfin

Historical photos courtesy of

Onondaga Historical Society



Seven faces were carved into the wall
of a small, cramped, dark basement.

That's all they left behind,
just a bench in a small hallway and some carvings.

No names of family, no messages of fear or hope,
just seven faces carved by nameless escaped slaves.

Seven individual faces carved into clay,
in a small corridor, tilted to avoid detection.

Seven faces to say, we were here.

We lived here.

We hid here.

We survived here.

We escaped here.

Here, we were free.

And in a little church, in a little basement, in a small city, they were free.

Though it is sometimes hard to remember, Syracuse was once a bustling city and the people who lived here fought bitterly for the sake of the abolitionist movement. Fast forward about 150 years and what that means to people living here now is that it's a veritable treasure trove of historical gems, many of which have been preserved. They seem to be almost everywhere—like George Washington Crossed The River Here signs—but one is hidden, in a tiny underground space in a small building at the corner of West Onondaga and Jefferson Streets.

The structure has remained basically the same over the years. It's still small and rectangular with a steeple and big stained glass windows that filter light unevenly onto the old wooden floor. The walls, now painted aqua and coral, and the dark blue patterned ceiling are all lit by wall scones whose dim bulbs create an aura of mystery that seems appropriate for the building's shrouded history. Even the tunnel still exists, though now it is used to store supplies for the bustling restaurant above. New paint and a new name on this building can't hide its fascinating tale, a story awesome enough to make any history nerd's heart sing.

At the time the carvings were made—late 19th century—the basement belonged to the Syracuse Wesleyan Methodist Church, a sect of the Episcopal Church. The Mission Restaurant now calls the small space home, and the historical society removed the carvings from the walls to preserve them after a fire and a flood, but the spirits of the hundreds of slaves that passed through the small cellar still lingers. Do you have chills yet?

Because the church was part of the Underground Railroad, many of the facts are still shrouded in mystery, which is coincidentally what makes it a really cool find. We know it was a stop on the underground railroad, that the tunnel under the church was added after it was built, that the congregation hid fugitive slaves in the small space, and that the faces were carved over a period of several years by different people. What we don't know is who they were, how many were helped, or what happened to them after they left Syracuse.

Chances are, many of the escaped slaves continued on their way to freedom. Dennis Connors, curator of history at the Onondaga Historical Society, says that after Syracuse, slaves would take a train to Buffalo and cross the Niagara Falls Bridge, or travel to

Oswego and on to Canada. Arrival in Syracuse meant freedom was not far away. It's a bit strange to sit in what is now a Pan-American restaurant, bustling with life and delicious smells, and think of the history that happened just below the floorboards. It's something like walking along the battlefields of Gettysburg, only a much quieter war was fought here.

As for the congregation that helped hide the slaves, they were members of a church that had split from the Episcopal faith specifically over the issue of slavery. The Syracuse Wesleyan Church was led by a staunch abolitionist named Luther Lee who once helped 30 slaves to freedom in the span of one month.

The congregation wasn't afraid to follow the example set by their leader. At the time, New York was a free state, and its people—many of them in high places—were sympathetic to the cause. After all, these were the people who helped Harriet Powell escape in 1839. The fugitive slave law of 1850, which mandated escaped slaves be returned to their masters, angered New Yorkers and inspired one of the biggest slavery protests Syracuse would see.



Only one escaped slave was ever captured under the law in Syracuse. The law threatened those who aided escaped slaves with fines and jail time but, the people of Syracuse decided at a meeting—with the mayor as the chair—that the law would not deter them from helping. On October 1, 1851, federal marshals arrested Jerry, also known as William Henry. Hundreds of abolitionists flooded the street outside the building where Henry was being held; though he escaped, he was again captured and taken into custody. That night, an estimated 2,500 Syracusians gathered, including part of the Wesleyan church congregation, to protest the capture of Jerry. Using a battering ram, they freed the man from his prison and hid him in the city for several days before escorting him to Canada. The Jerry Rescue, as it was called, remains a shining example of the courage of those who believed in justice and equality enough to fight for it.

The church congregation affected the community and its history so intensely, the building was eventually listed on the National Register of Historic Places. It's also featured as part of the Syracuse Freedom trail, a group of 12 historically important places in the city to visit. Others include the Jerry Rescue Building and the Harriet Mays Mill House, another safe house.

A building with that sort of history is bound to have more good things happen there. When Susan B. Anthony came to Syracuse in the mid 19th century, she spoke at the church, raising support for the women's suffrage movement. Apparently unable to resist a call for justice, the congregation became closely associated with the fight for the vote. The church and its congregation continued to be active in the community up until the 1980s.

About 10 years ago, Steve Morrison saw the potential in the forgotten sanctuary, and it was this very history and identity that drew the chef/owner to the site. He says people often come in and tell the waitress of parents who were married here or a mother who was a member of the congregation.

It's easy to see the community spirit lives on in the old church, in the building, in the people and, of course, in the basement.



A Modern-Day Mission

A trip to the Mission is like being transported to South America (or probably as close as you'll get north of New Jersey). Because the room is pretty tiny, the wait can be long and the restaurant doesn't take reservations except for large groups, but the food is totally worth it. Also, there's a bar to pass the time. The bar doesn't serve hard liquor in deference to a nearby church, but wine and beer are available, as well as a killer sangria and a wine margarita. If you're hungry ask the bartender for some chips and fresh Pico de Gallo tomato salsa.

While you're drinking, check out the decorations. A horned mask hanging behind the bar is terrifying, but the stained glass windows are worth a look—though only one of the originals remains. And one of the coolest parts of the architecture is the high, blue, patterned ceiling—careful leaning back to look if you've sampled the sangria.

The best part and main attraction is the food. The chef offers everything from chicken quesadillas to ceviche to nachos. Try the seafood enchilada special or the pollo (chicken) burrito (Hint: if you can't make up your mind get half refried beans and half black bean.) And for dessert, try the flan. You won't be sorry.



40 BELOW

One Syracuse group aims to change
the opinions of the under-40s

Story by Kristin Hunt

Kelly Bayne is proud to call Syracuse home. The 26-year-old grew up in the ironically titled Emerald City – seriously, how does a place perpetually covered in snow get associated with green? – moving just two hours east in 2003 to attend Union College in Schenectady, NY. Upon graduation with a dual degree in Spanish and economics, Bayne moved back in with her parents to save some money before another planned relocation. But she soon realized she had returned to the only place she would ever call home, and immediately started looking for ways to give back to her community.

The first place she turned was 40 Below, an organization that aims to bring positive change to CNY and build a new generation of motivated community leaders. Though the group's main goal is to “connect, engage, and empower” young adults in CNY, its members also work towards injecting a little more city pride into the residents.

“You know, Syracuse doesn’t suck,” Bayne says. “Okay, the weather’s snowy, it’s not always warm and sunny, but there are so many things that Syracuse does have to offer and I think that’s something that we’re missing in the young community here.”

40 Below attempts to boost CNY love through its four task forces: Civic Engagement, Public Arts, Marketing or “It’s All Here,” and Lipe Art Park. Civic Engagement focuses on volunteer opportunities around CNY, hosting involvement fairs that connect members with not-for-profits as well as publicizing events by the Humane Association and Say Yes to Education. Public Arts “allows people to help in creating and designing public art, or just get involved in the programming surrounding that art,” according to 40 Below’s manager Benjamin Sio. This task force is closely aligned with Lipe Art Park, which manages and maintains the Lipe Art Park on Fayette Street. “It’s All Here” functions as the marketing arm of 40 Below, promoting the group and its mission.

Chair of the Board Rory Lawrence believes that, regardless of which arm of 40 Below members choose, the organization encour-

ages naysayers to rethink their often all-too-quick judgments on their communities. “I think 40 Below ends up giving people a lot more pride in the city,” says Lawrence. “When you do get involved, you have a much bigger commitment and dedication to your city, so you want to see things change and you want to be a part of it.”

Some of the group’s activities and events include the Upstate Snowdown, which was held in the Lipe Art Park on February 5. The temperature was a balmy 34 degrees, and more than 150 people turned up to create Syracuse-inspired snow sculptures (including a boat on the Erie Canal), start snowball fights, and hit up the homemade cupcake stand. Just a few days later, “It’s All Here” hosted a fundraiser to help save the Syracuse Symphony, raising over \$400. And then there’s the We Live Summit, a statewide gathering of young adults; 40 Below partnered with We Live NY and Pipeline 4 Progress to bring the summit to Cornell March 24-26.

The “40 Belowers,” as Sio calls them, may be proud of their work, but they readily acknowledge room for improvement. Sio is striving to rebrand the organization and pump some fresh ideas, including a potential new task force, into the group over the next year. Both Bayne and Lawrence also want to see more informal meet-and-greets for the members, who don’t always get to know each other in between saving the world (or just CNY).

As it continues to adapt to member needs, the organization hopes that, by tuning twenty- and thirty-somethings into their communities, it can erase the ever-present “Syracuse sucks” mantra, one 40 Belower at a time.

“The attitude on what Syracuse is all about hasn’t changed [on the SU campus]. I’m sure most of the students say things like, ‘Syracuse is kind of lame; I’m not going into the city, probably just down to Marshall Street,’” Bayne says. “But I think that even the young professionals who are here, they’re here just because they have a job. Other than that, they don’t want to stay here. So I think when we can really change a whole community mentality, that’s when we can say that we’re really making a lot of headway in our goals.”

Saving the Music

Fighting for the future of the Syracuse Symphony Orchestra

Story by Kathleen Corlett
Photos courtesy of
Syracuse Symphony Orchestra

More than 60 musicians from the Syracuse Symphony Orchestra (SSO) sit at the edge of their metal seats on stage in the John H. Mulroy Civic Center. The sounds of the strings, woodwinds, and horns are almost indistinguishable until guest violinist Caitlin Tully stands for her solo. Her fingers move fluidly on her instrument's neck as she holds it steadily under her chin. Behind her, a screen lights up with pastel images of spring (a tease in the cold Syracuse weather of early February), including watercolors of young couples holding hands, green landscapes, and farm animals. When the music quiets to background noise, three narrators sitting stage left begin the presentation about 18th-century Venice, Italy, and the orchestra's featured composer, Antonio Vivaldi.

The SSO is truly Central New York's symphony, traveling more often and farther—all over New York State—than its neighboring symphonies in Albany, Buffalo, and Rochester. And this musical powerhouse calls Syracuse home. That night's performance, arranged by the Chicago Symphony Orchestra, puts the SSO in the company of orchestras across the nation from larger metropolitan areas like Philadelphia, Seattle, and Austin, who have all performed the piece. It's an impressive feat for an orchestra from a city of less than 140,000.

The narrators pause. Sitting center stage, conductor Daniel Hege looks out above the rows of empty red auditorium seats and eyes the audio-visual team's box at the back of the theater where several people sit, controlling the screen and the sound. After a short wait, the sound of chirping plays over

the speaker system and images of birds fly across the screen. Hege turns his attention back to his orchestra with a tense smile and cues the musicians with a flick of his baton.

This Friday morning rehearsal was the last chance for the musicians and staff to smooth technical difficulties before the evening performance. The night's performance is part of a special series called *Beyond the Score*, which uses audio-visual aids like the screen to help the audience understand a piece before the orchestra actually plays it. It's just one more way the SSO can get the community involved in music.

This year, the SSO celebrates its 50 years of cultural, educational, and economic service to Central New York and the Syracuse area. The musicians' devotion to the community doesn't end when the curtain closes. Many of the musicians double as



music teachers for city schools. The Syracuse Symphony Youth Orchestra, run by SSO musicians, also gives high school kids a chance to learn and play in a professional environment. And just last year, the orchestra invited more than 900 Syracuse city schoolchildren to attend a free school-day performance of *The Nutcracker*.

But like all arts programs, the orchestra struggles with a shrinking budget, and its future is uncertain. No mention of “fund-raising” or “financial goals” is heard during rehearsal, but everyone knows the lively practice session marks the cut-off day for phase one in the orchestra’s Keep the Music Playing campaign. In late January, the symphony announced an emergency need for money. The current state of the economy threatened the SSO’s ability to finish its 50th anniversary season. This season alone, ticket sales went down 23 percent, and the symphony lost 24 percent of its corporate funding and 32 percent of its government support from last year—and the orchestra operates on a \$ 6.8 million yearly budget.

But the SSO’s economic battle isn’t new. In 2009, its musicians volunteered to freeze their wages for two years. Last season ended two weeks early to save expenses. Now, in the symphony’s golden anniversary season, its 77 musicians gave back \$580,000 to shorten the season by three weeks to 34 weeks, but even that didn’t guarantee the funds to finish it. The Keep the Music

Playing campaign set goals for \$375,000 to be raised by early February, an additional \$445,000 to be raised by the following month, and a total of \$1.75 million to be raised by August, knowing that the season could end early if the group missed any mark. The group tries to maintain an optimistic outlook, says Jennifer Luzzo, former public relations coordinator, and doesn’t assume any day will be its last.

In 2010, the Central New York Business Journal named the SSO the largest arts employer in Central New York, and the orchestra’s economic impact is substantial: the organization contributes \$20 million a year to the Syracuse community. “Our 99 employees live, work, shop, teach, mentor, and pay taxes here,” says Rocco Mangano, chairman of the SSO Board of Trustees. Adds Hege: “In a day when the talk about the brain drain of young professionals leaving New York to go elsewhere, we have 63 core members, eight of whom in the last four years uprooted from where they were to put down roots here: to buy homes, pay taxes, and be productive citizens.”

And their sacrifices and devotion to CNY don’t go unnoticed. Judging by the overwhelming response to the Save the Music campaign, Central New Yorkers value the orchestra. When in January the SSO began televising requests for donations, the community responded with \$473,787 in contributions over a period of ten days—nearly a

hundred thousand dollars more than what the orchestra had requested. Donations ranged from a gift of \$3 in change from a young girl who attended the orchestra with family to \$100,000 from the Panasci family. Letters poured in from orchestra-junkies and music lovers of all ages, from elementary school students to couples who have been attending concerts since the orchestra’s first performances in 1961. Community venues also rallied behind the SSO by hosting fund-raisers: BioGraphix Tattoo Studio donated \$25 for every musical note the studio inked, Panini’s Restaurant hosted a pre-concert reception to benefit the symphony, and elementary schools that visited the *Nutcracker* performance have held loose-change drives.

“Phones are constantly ringing,” Luzzo says. In the campaign’s first 10 days, office workers couldn’t move fast enough to stamp the 1,357 checks that came in. On the Friday of the first fund-raising deadline and opening night of *Beyond the Score* Vivaldi: *The Four Seasons*, the curtains opened on stage at 8 p.m., revealing the SSO to a nearly full hall. The audience sent a clear message: we’ll do our best to help save the music.

Editor’s Note: At press time, Syracuse Symphony Orchestra has suspended artistic operations effective April 3, 2011 after failing to meet its March fundraising goal.





INSTINCTS 101:

Wild Lessons at the Zoo

Trainers at the Rosamond Gifford Zoo work hard to make sure skills animals use in the wild stay sharp.

Photos by Julia Ruskin
Story by Kasey Panetta

I've been to a lot of zoos in my day. Big zoos, little zoos, British zoos, American zoos, city zoos, country zoo, something that was called a zoo but I'm pretty sure was a front for a drug ring. Just kidding. But all these zoos had one thing in common, the animals looked bored. I mean, why wouldn't they look bored. They sit/float/swim/perch all day long with nothing to entertain them but their own two/four paws/flippers/talons. But at the Rosamond Gifford Zoo, the animals are anything but bored. The zoo has a big focus on enrichment, creating activities for the animals that force them to do things they would do in the wild--albeit in a very different way (I assume blocks of ice with food in them aren't usually found in the Sahara.) Enrichment is something that zoos all over the world have been doing and it ranges from creating an environment similar to the natural environment of the animal to honing the hunting skills of tigers and the digging instincts of a meercat. Since you never get too old for zoos, we sent photographer Julia Ruskin to see what enriching animals really looks like.



Sebastian, an otter, spins a bucket of chum, trying to force the food out of small holes. The activity simulates the way an otter would work to eat in the wild.



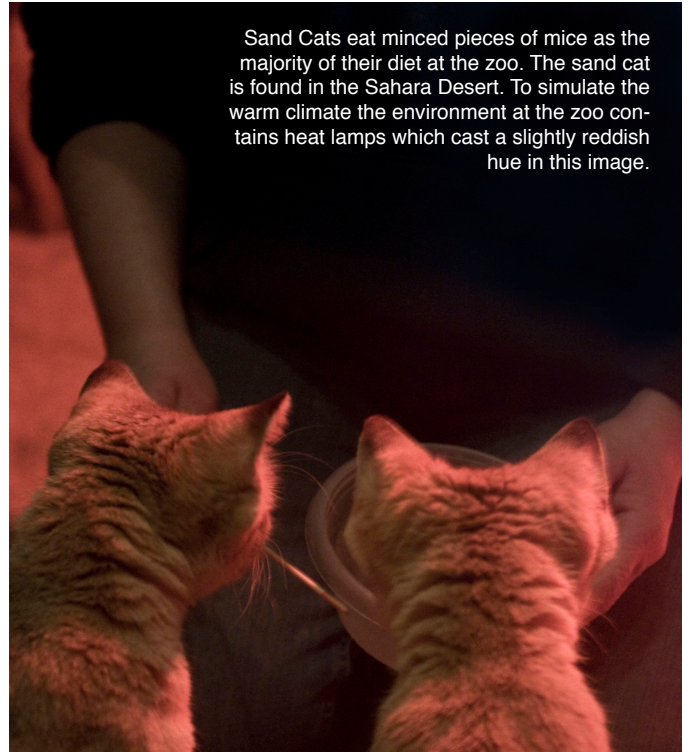
The ring-tailed lemur searches through the bucket of food, handpicking what it would like to eat, while the trainer tosses food out to the rest of the Lemurs in the cage.

The squirrel monkey is the most common monkey in South America. For enrichment, trainers hang a pineapple top with jam spread on the leaves on a branch forcing the squirrel monkeys to search through the leaves for food, as they would in the wild.

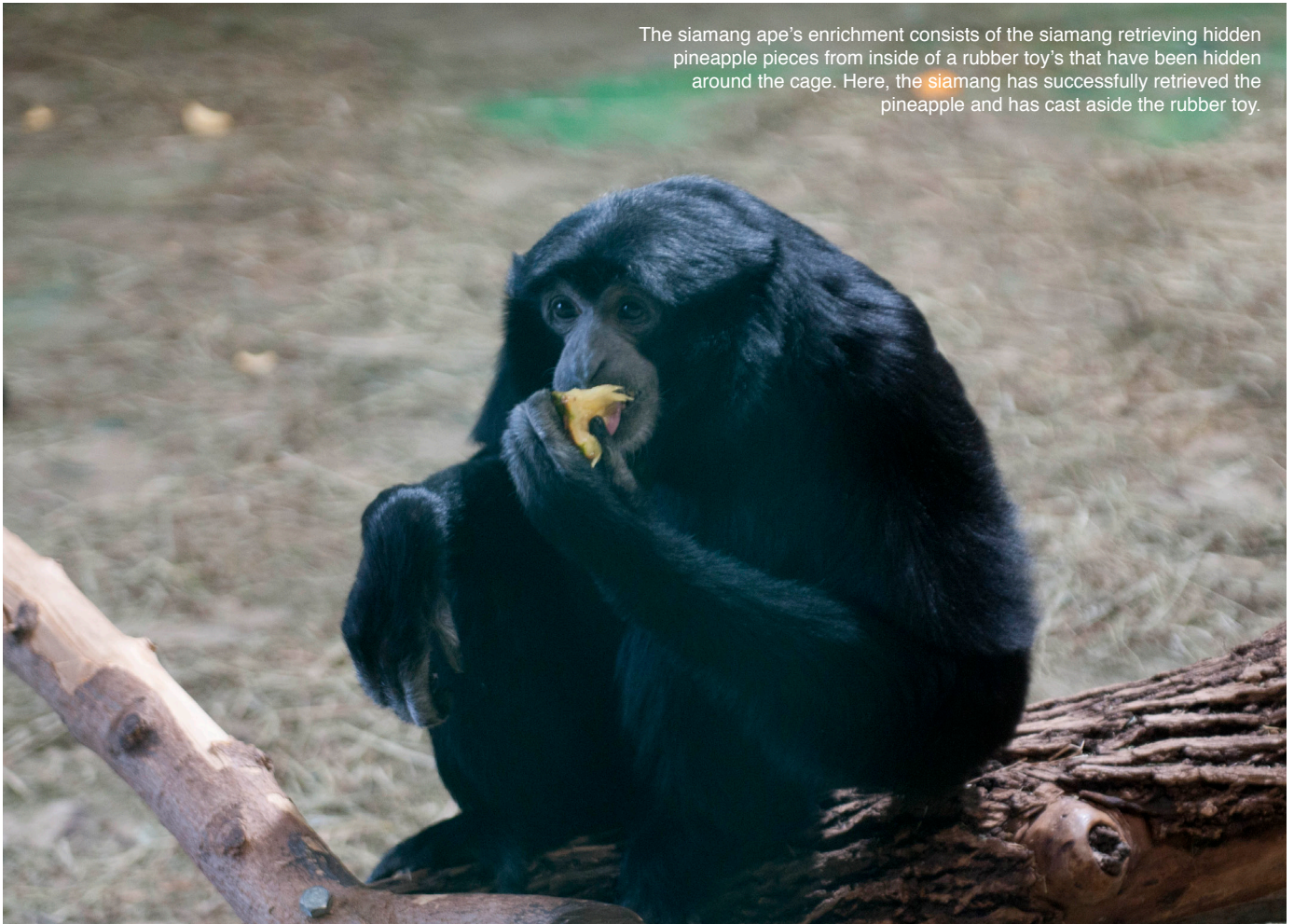


For the meerkats, trainers hide pineapple pieces inside a wiffle ball and bury it in the sand. This simulates how the meerkats would dig for food in the wild.





Sand Cats eat minced pieces of mice as the majority of their diet at the zoo. The sand cat is found in the Sahara Desert. To simulate the warm climate the environment at the zoo contains heat lamps which cast a slightly reddish hue in this image.



The siamang ape's enrichment consists of the siamang retrieving hidden pineapple pieces from inside of a rubber toy's that have been hidden around the cage. Here, the siamang has successfully retrieved the pineapple and has cast aside the rubber toy.



SEEKING *sanctuary*

In the past, refugees that sought asylum in Syracuse encountered prejudice, violence, and animosity. But now a new wave of acceptance is emerging as natives and newcomers join together to protest the hatred and treatment of the refugees. It's a social justice issue where the good guys are winning as they try and make Syracuse a little bit safer for everyone who calls the Salt City home--no matter where they came from.

Story by John Giammatteo

Inside the old Holy Trinity School, a row of Burmese men waits in line for health screenings. Each slings a bag from his side—traditional knit designs of blues, reds, and yellows. To pass the time they make idle chatter, voices rising and falling with the tonalities of highland Burma.

A line of kids' books sits in the hall, each in a different language: Arabic, Swahili, French, Spanish, Somali, and Vietnamese. The voice of a teacher rises over the men's talk: "Here is a fisherman. He catches fish. What does he fish from? See if you can guess."

This former school building at 501 Park Street on Syracuse's Northside houses both the Syracuse Refugee Assistance Program and a neighborhood preschool. Each year, refugees arrive in Syracuse seeking sanctuary, and a new life in exile. Arrivals for each of the last two years numbered 1,200, the highest in at least a decade. They come from Burma, Bhutan, Somalia and Iraq, and from other areas of conflict throughout the world. Moving to the Salt City means a shot at a different kind of life.

But for some refugees, arrival in Syracuse is less than welcoming; they're sometimes met

with violence and prejudice. In 2009, a Burmese man was attacked by eight other men. A wife and husband were attacked when they tried to prevent a group of teens from stealing their son's bicycle. The wife was spat on, the husband pushed to the ground.

Violence against refugees and immigrants isn't new in America. But when such violence came to Syracuse's Northside, the community took action and began a movement to end the violence through education, mediation, and police cooperation.

Marching Together

On August 22, 2009, one month after the first attacks against refugees were reported, 450 people took to the streets of the Northside. The protesters waved American, Bhutanese, and Karen ethnic flags from Burma, signs and banners, and cried for a stop to the attacks against refugees in Syracuse.

The march had been set in motion one year earlier, when a librarian at White Branch Library contacted the Community Wide Dialogue to End Racism. She was concerned

about actions she witnessed during the after-school program at the library: bullying and name-calling between the Africans, the African-Americans, and the white students. The Dialogue leaders decided to run a year-long set of conversations between local residents and refugees in the hope of addressing those tensions.

The first dialogue circles were simple, with each person talking about his or her past, family, and arrival in Syracuse. At each meeting, the group ate together and built relationships. Soon the issues grew more complex: white privilege, language issues, housing issues, and problems everyone had in common. They worked together on solutions and learned what resources were at their disposal. And somewhere along the way, they began to bond. "What's happening in the background is they see they're doing it together," says Derrick Dorsey, director of the Dialogue. "Even though their language isn't the same, the color of their skin isn't the same, it's building community."

A year later after the circles started, the participants marched through the Northside. The route passed every location where

attacks had taken place, pausing in front of businesses that supported the community effort. "Everyone was coming to stand together in fighting against this tension and the violence that's taking place on the Northside," says Dorsey.

Learning Together

Aung pulled his textbook and then a crinkled piece of paper from his bag. His math homework. He leaned over the page, tongue out, and began to scratch his pencil across the paper, slowly tallying the sums of five-digit numbers as part of the Center for New Americans' Homework Club.

Despite the warm room, Aung kept his camouflage down jacket on as he worked. He finished a problem and looked up from his book.

"What's a nigger?" he asked.

"What did you say?" a student volunteer asked, taken aback.

"Nigger. What's a nigger?" he repeated.

"Where did you learn that word?" the volunteer demanded. "That's a very bad word."

"At school," he replied.

For refugee children, school is an important place to learn American customs and trends. Schools serve as the true melting pot for kids, and a place of common ground for parents. The Syracuse School District teaches more than 2,000 English-as-a-Second-Language students, representing 67 different countries and 55 different languages.

But at school, refugees can also be bullied and teased for any little difference. The city is currently completing its third year of a Refugee School Impact Grant (RSIG), which funds programs to help educate and integrate refugee children, including after-school programs, summer clubs, and interpreters.

Stephanie Horton, director of the Syracuse Refugee Assistance Program, oversees the grant along with Catholic Charities. She says it has made it easier to address refugee issues in the schools. Now when parents register refugee children for school, the assistance program can run mini-workshops for teachers and presentations for staff specific to refugees as well. The grant also lets the assistance program run orientations for refugee parents, so their children can get the most out of their education.

Horton says the Refugee Assistance Program will also participate in Dolly Parton's Imagination Library again – a extracurricular program that provides each student with a new book every month. The program targets both refugee and non-refugee children on the Northside. Horton hopes that through events and readings, the program can quietly bridge gaps. "It's a nice way to make it a neighborhood thing," she says. "So people can see, oh, they're just like us. They just happen to look a little different and maybe cook different foods."

Safely Together

Varoosh Zarian speaks seven languages. He's lived in more than six countries. He patrolled Afghanistan for 15 months for the Army and the Northside of Syracuse for five years for the Syracuse Police Department. He's also a former refugee and, as he puts it, the "American Dream come true."

When refugees come to the United States, they're often from persecuted groups that traditionally don't trust the police.

Refugees fleeing those conditions may not call 911 when attacks happen, so the police department doesn't learn about them until it's too late. The police department is trying show refugees they are here to help, not harass, and Zarian is instrumental in that effort. He's an Armenian refugee who moved to Iran from Kuwait in the wake of the first Gulf War. In Iran, Zarian was jailed for his religious beliefs. At the first chance, he and his family fled to a refugee camp in Austria, gained refugee status, and arrived in Syracuse in 1999.

Once here, Zarian studied for his GED and then associate's and finally bachelor's degrees. Meanwhile, he volunteered for Catholic Charities and then for the school district. Finally, he passed the police exam and joined the force.

Zarian began to walk the beat around Butternut Street's Community Policing Center, along with another refugee officer from Bosnia. They started on light patrol: walking the streets, talking to anyone who was outside. They sought out refugees specifically, asking how they were coping and if they had questions or concerns. Then Zarian and his fellow officers began to hold

orientations. Going into the ESL classes at the Assistance Program and Community Wide Dialogues, they began to tell refugees how police could help them and what to do in an emergency or a domestic dispute. As Zarian says, they covered "almost anything and everything – you name it."

And the calls started rolling in. Dorsey says calls from refugees have spiked – a good thing in his book. "More violent crimes are being reported by refugees," he explains. "Now the reason why I don't say that's a bad thing is because it's not like they didn't exist. But for them to be reported shows the refugees are empowered."

...

The office of the Refugee Assistance Program is controlled chaos – people pop in and out, needing a form signed or information about the census or a health screening. In Stephanie Horton's cubicle, piles of papers cover the desk and a stack of books about Nepal sit on a nearby shelf. A poster of the various people of Burma in traditional dress decorates the wall.

Horton is positive about the services Syracuse's organizations provide refugees. They all cooperate, she says. The mayor and the city itself are reaching out to the community. "At a time when people are moving away from Central New York, you have this group coming in who want to be here, they're happy to be here, they want to be successful here, and maybe they want to make it a better place," she says.

She points out a garden next door. A few years ago, the place was trashed. Then a refugee family moved in. Today, the garden is in full bloom. Horton says this is what the programs are about, helping newcomers build a home. "I approach it from a teaching perspective – don't just do things for people, teach them how to do it for themselves," she says. "You know, it's that whole teach a man to fish thing. I really believe that's true."

Beside her office, the preschool class finishes reading and everyone stands up. The teacher stops at the door, and then begins to walk out into the hall. Following two by two, children of every shade hold hands, smile, and bounce across the hall toward the next classroom.

Skaneateles

Skaneateles is an idyllic town—think Stars Hollow from *Gilmore Girls*—about 45 minutes from Syracuse. With house prices near the lake in the seven digits, you probably won't be able to afford to live in the area, but that doesn't mean you can't visit. There are some great restaurants and festivals; the key is knowing what you can do cheaply and in a day so you can drive back to your apartment without having to pay to spend the night in this tiny village.

1 Doug's Fish Fry, 8 County Road 22, Skaneateles, NY

If you're looking for something a little less than fancy—think Saturday afternoon laid-back meal—check out Doug's Fish Fry. The food ranges from fried fish to chowders to milkshakes, onion ring, and fries. Bonus: it serves beer. Doug's is a great place to kick back with friends and have some cheap food. Order from the front counter (read: no tipping involved) and sit indoors or out. The line can be a little long, but it's worth the wait.

2 Dickens Christmas, West Genesee Street, Skaneateles, NY

Once a year this town goes all out for the Dickens festival, which runs on weekends from Thanksgiving to Christmas Eve. The town hires actors to play all the parts from Charles Dickens' *A Christmas Carol*, and they roam the streets singing carols and doing impromptu scenes from the book. The festival is a great way to kill a few hours and get into the holiday spirit. Activities include roasted chestnuts (free), carriage rides (free), and the World's Smallest Christmas Parade Ever (free.) Notice anything about this festival? Almost all of it is free. Plus, some of the town's 70-plus stores have sales during the festival.

3 Beach Swimming, West Genesee Street Beach, Skaneateles, NY

If you're secretly a polar bear or just have a high tolerance for really cold water, check out the pristine lake (appropriately named Skaneateles Lake). In July and August, the town opens the beach for public swimming. For \$2, you can spend the day on the cute, little beach and take a dip in the water—and we mean a quick dip. (Just kidding; it's not that bad. Think of it as an adventure.)

4 Boat Rentals, 2745 East Lake Road, Skaneateles, NY

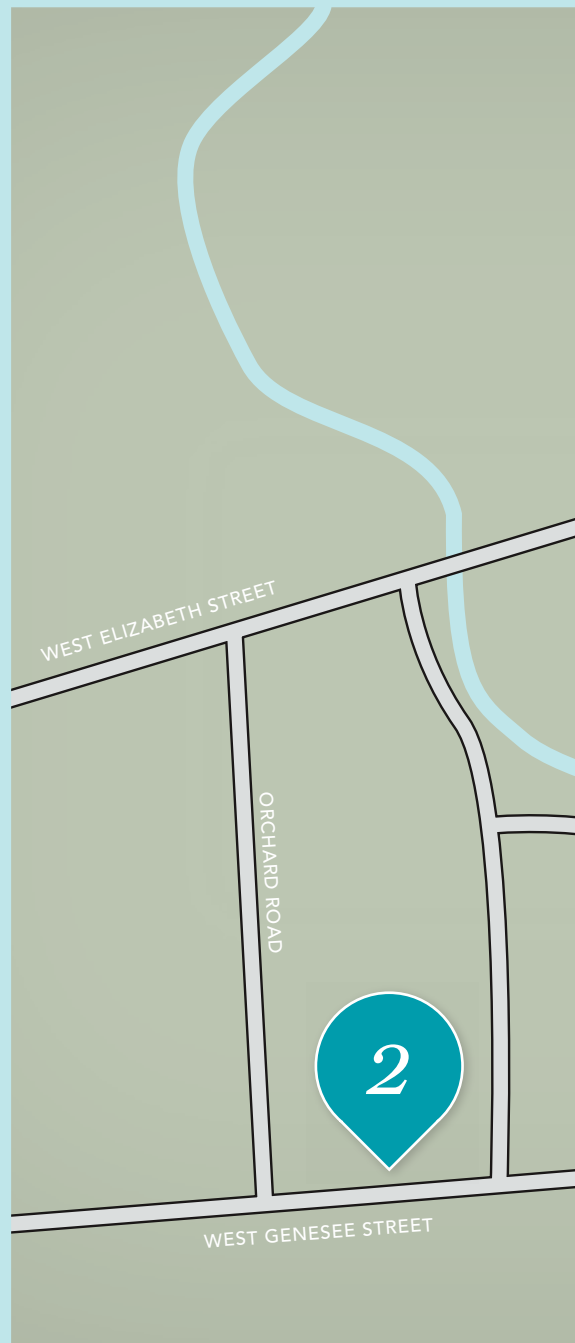
If you want to spend time on the lake but don't care to risk hypothermia, you can rent kayaks, canoes, paddleboats, and, for the skilled few, sailboats. If you have your own equipment, a few public boat launches charge anywhere from free to \$5 for use of the ramp and parking. For the more adventurous, the Skaneateles Sailing Club charges \$65 for a two-hour sailing lesson for four people.

5 Skaneateles Festival, Downtown Skaneateles, NY

When you have nothing planned for a Wednesday through Sunday night in August and September try the Skaneateles Festival. The town brings in all types of classical musicians and some chamber music groups. They also do some kids' shows (this year one is *The Adventures of Peter and The Wolf*), if your tastes are a little less mature. There are a couple dinner-concert options and some of the local restaurants offer deals if you have a ticket. The town offers a free concert, if you don't want to buy a ticket.

6 Patisserie, 4 Hannum Street, Skaneateles, NY

For a beach snack or a mid-afternoon nibble, head over to Patisserie. The bakery, attached to The Sherwood Inn, offers bread, pastries, cake, cookies and croissants. Most of the tasty treats can be purchased for under \$4, so it's an indulgence that won't break the bank.





SINGLE IN CNY:

Just put down the phone

Our resident sex and dating expert, Ashlie Daubert, warns about the combination of the cold, the booze, and the text.

You don't have to live in CNY very long to understand one thing: winters are harsh. When the sun, like a bear, crawls into its cave for the winter, it can play tricks on your judgment. When it's April and still snowing we often find creative (read: drunken) cures for boredom.

Whatever outdoor activity you think is fun—sledding, skiing, or waiting in the bushes for your professor/boss to leave his office so you can pelt him with a rock-centered snowball—eventually, you'll think, "it's too f'ing cold out here" and retreat back to your apartment/house.

Soon you might find yourself curled up on your bed with a beer, a bottle of wine, or something stronger entirely. Now, when drinking at a bar with friends, distractions are everywhere. When you sit in your room, drinking alone, cell phone in hand, watching Mother Nature paint your city white, it's a different story.

Drunken texting is a pastime as old as iPods for our generation, and it's as dangerous as cruising down the freeway with Rebecca Black who keeps switching seats. But it's particularly dangerous when you live in the tundra and you are physically unable to get to the bars/friends' apartments/parties/restaurants and blow off steam.

I won't lie. I'm no stranger to the drunk text, especially when Syracuse freezes over and there's nothing else to do. In my experience, a drunken text establishes one of three things:

1. I am drunk and I miss you
2. I am drunk and I wish you were here
3. I am drunk and I want to have sex.

If you're like me, 99.9 percent of the time, drunken texts signal the first two things. You text your best friend snowed in at her apartment: "I miss you, I wish you had some magical power to make it warm." It's not Shakespeare but it's harmless.

Occasionally these texts are great because they're funny and recipients are amused you took the time during your drunken fit to send them the ol' "Wsh u wre heeeerrree!!!"

However, when you reach the point where your face and fingers are so numb you feel like the Michelin Man, put down the phone and step away. You've entered the danger zone.

When the drinks are a-flowin' and the heat in your apartment is cranked up to flame-thrower, your mind gets a little more than discombobulated. I suggest you ask yourself, as you troll your cell contacts for a booty call, which at the time seems like a great idea, do you really know that Ted is your ex? Eric is the guy in 2B? And Joe is

the guy from work you've only spoken to once or twice, but you have his number because of a group project you had to do?

Are you aware of the consequences your fingers have on the keyboard as they click, click, click away? Do you know that once you press send your awkward moment is out there forever? I'm talking eternity, folks. I'm sure Joe gets you're just bored and coping with the weather, but he still has shit to do. For the love of all that's holy put down your phone, Drunky McDrunk-A-Lot and stop using the inclement weather as the excuse for your behavior. In the morning you'll know just who you insulted, scared, or made feel really uncomfortable. And it won't be pretty.

Keep the following in mind as you text: You are nowhere near as articulate and profound as you think you are. Most messages are not attractive, in the slightest bit and rather reveal your desperation, and your carelessness for all interpersonal relationships. And by the way, "I am so sick of the gray/white combo in this godforsaken place that I will completely disregard all consequences of my actions in order to have five minutes where it feels like I'm at a BBQ with friends, near a lake, in the middle of July" isn't a good excuse for a drunk text.

Remember when you were too lazy to put on your snow pants and go tubing and instead went home to drink? Probably would have been a good idea. In the meantime, unplug your phone, my friend, drink water, and sleep. In the morning, put on your boots, your coat, your gloves, hat, scarf, your thermal underwear, your three layers of socks, and venture outside. Go say hello to people in person like the polite, intelligent, beautiful individual you are.

Yeah, the weather can make you do some crazy things around here, so seriously, power off. It'll be the best drunken decision you've ever made.



Ashlie Daubert is a junior documentary film and American history major who clearly favors the summer over winter. She's an old soul trying to adjust to life in the 21st century, so feel free to drunk text her advice on how to survive any day of the week.

Bucket List:

THE DOME STOMP

The inside of SU's Carrier Dome is impressive. It was completed in 1980; seats 49,250 screaming, painted fans; you can drive a golf cart over the bubble roof; and it's steeped in the traditions of the 44. But the weirdest one takes place outside the stadium. Because of the design, all along the outside are floor-to-roof cement columns. In one of the many time-honored and mostly unexplained traditions of SU, freshman and fans alike step between the pillars and jump. The sound produced by the "Dome Stomp" is something akin to a laser beam ricocheting off the sides of the columns as it appears to travel up the cement. While it sounds suspiciously like the sound of the light sabers from *Star Wars* and sound designer

Ben Burt is from Syracuse, the movie was released three years prior to Dome completion. The origins of the Stomp aren't galactic, but the tradition is still pretty out there.

Story by Kasey Panetta
Photos by Hannah Cordell

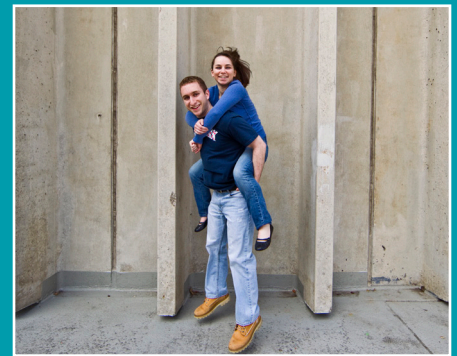
TRY IT: 6 DIFFERENT WAYS TO DO THE STOMP



1. Jump with a roommate



2. Jump with a friend



3. Jump on a friend



4. Jump with two friends



5. Jump with an umbrella



6. Jump with a shovel (always prepared for snow)

